



Vegan Brigadeiros Recipe

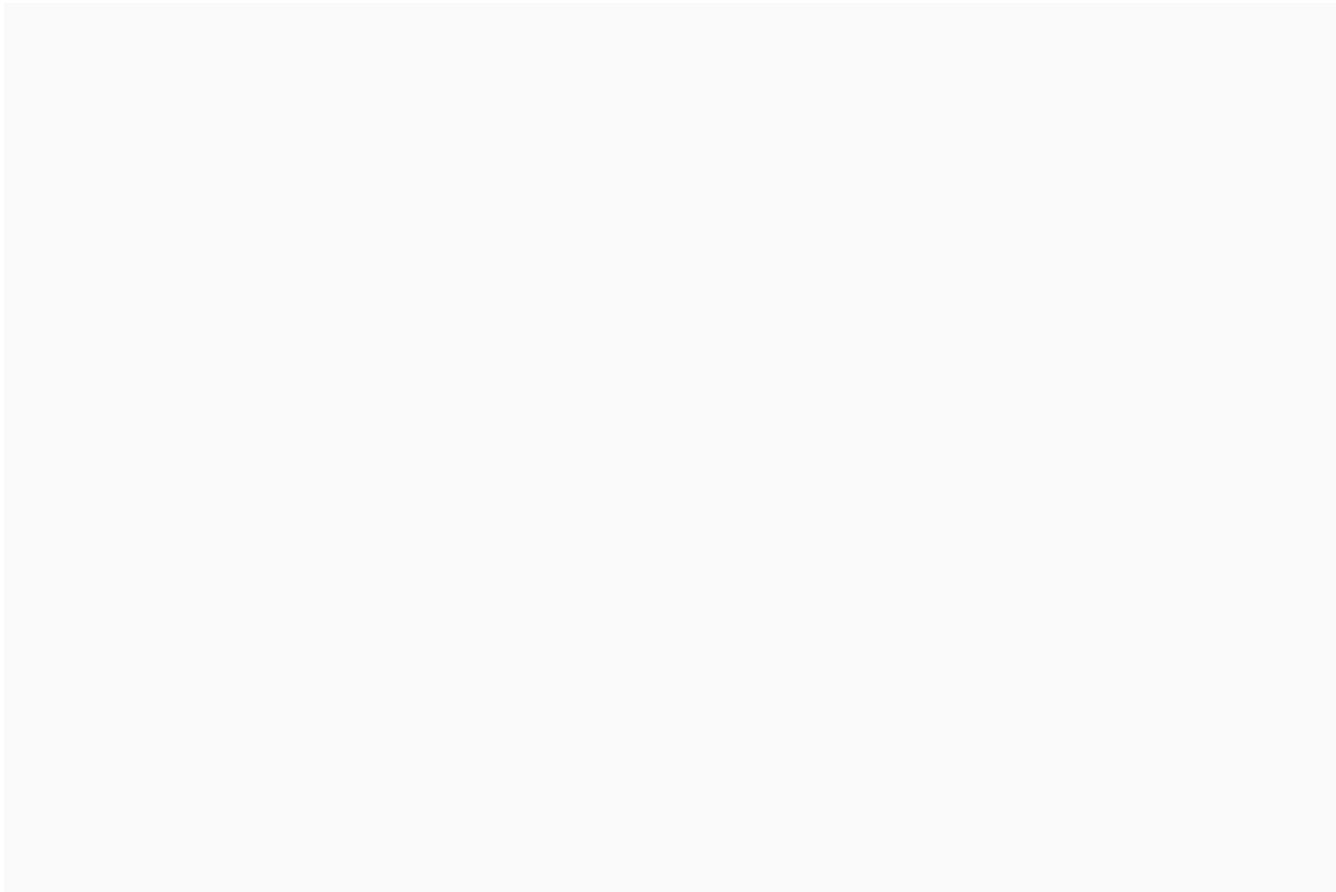
Table of Contents




- 1. Vegan Brigadeiros: Chocolatey Goodness Made Easy
 - 1.1. Ingredients for a Vegan Brigadeiros
 - 1.2. How to Make Vegan Brigadeiros:
 - 1.3. Serving and Storage Tips:
 - 1.4. Nutrition Info & Healthy Alternativesk
 - 1.5. Approximate Nutrition Facts per Brigadeiro (1 piece)
 - 1.5.1. Sweet Simplicity: Vegan Brigadeiros to Brighten Your Day

Vegan Brigadeiros: Chocolatey Goodness Made Easy

Looking for a guilt-free treat that's both delicious and easy to make? These **Vegan Brigadeiros** are the perfect answer! Made with natural ingredients like dates, cocoa powder, and almonds, they're a healthy twist on the traditional Brazilian favorite. No baking, no dairy, and no refined sugar—just rich, chocolatey flavor in every bite. Whether you're vegan or simply looking for a cleaner dessert, these bite-sized goodies will satisfy your sweet tooth in minutes. Let's get rolling!



Ingredients for a Vegan Brigadeiros



Making vegan brigadeiros is super easy, and you only need a few healthy ingredients. Here's what you'll need:

1. **1 cup Medjool dates** – soft, sweet, and perfect as a natural sweetener. Make sure they're pitted.
2. **1/2 cup unsweetened cocoa powder** – gives that rich chocolatey flavor without added sugar.
3. **1/2 cup almond flour or ground almonds** – adds texture, healthy fats, and helps bind the mix.
4. **1 tablespoon coconut oil or almond butter** (optional) – for a smoother, richer texture.
5. **A pinch of sea salt** – to balance the sweetness and enhance the chocolate taste.
6. **Toppings (optional):** shredded coconut, crushed nuts, cocoa powder, or sesame seeds for rolling.

These simple ingredients come together to make a naturally sweet, chocolatey treat that's dairy-free, gluten-free, and full of flavor. No oven, no fancy tools—just blend, roll, and enjoy!

How to Make Vegan Brigadeiros:

First, gather all your ingredients: sweetened condensed coconut milk, cocoa powder, vegan butter, and vegan sprinkles or cocoa powder for rolling.

In a medium saucepan, combine the sweetened condensed coconut milk, cocoa powder, and vegan butter.

Place the saucepan over medium heat and stir constantly to prevent burning.

Keep stirring until the mixture thickens and starts to pull away from the sides of the pan. This usually takes about 10 to 15 minutes.

Once thickened, remove the mixture from heat and let it cool down to room temperature.

After cooling, grease your hands lightly with vegan butter to prevent sticking.

Scoop small spoonfuls of the mixture and roll them into bite-sized balls.

Roll each ball in vegan sprinkles or cocoa powder to coat them evenly.

Place the finished brigadeiros on a tray lined with parchment paper and refrigerate for at least 30 minutes to firm up.

Serve chilled and enjoy this delicious vegan treat anytime!

Serving and Storage Tips:

Serve the brigadeiros chilled for the best texture and taste.

They make a great dessert for parties, snacks, or anytime sweet cravings hit.

Keep them in an airtight container to stay fresh longer.

Store them in the fridge for up to one week.

You can also freeze them for up to one month — just thaw before serving.

Let them come to room temperature for a few minutes if they're too firm from the fridge.

Nutrition Info & Healthy Alternativesk

Here's a simple **Nutrition Info & Healthy Alternatives** section in bullet points for Vegan Brigadeiros:

- Vegan brigadeiros are typically lower in saturated fat than traditional ones made with dairy.
- They provide some energy from natural sugars and healthy fats found in coconut milk and vegan butter.
- They contain no cholesterol since they are completely plant-based.
- To make them healthier, you can use unsweetened coconut milk and add a natural sweetener like maple syrup or agave.
- Try using cacao powder instead of cocoa powder for extra antioxidants.
- For a fiber boost, you can mix in some ground flaxseed or chia seeds.
- You can also roll them in crushed nuts instead of sprinkles for added nutrients and crunch.

Approximate Nutrition Facts per Brigadeiro (1 piece)

Here's an approximate nutrition facts table per one vegan brigadeiro (about 20g):

Nutrition Facts	Amount per Serving (1 piece)
Calories	90
Total Fat	5 g
Saturated Fat	4 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	15 mg
Total Carbohydrates	11 g
Dietary Fiber	1 g
Sugars	8 g
Protein	1 g
Calcium	20 mg
Iron	0.5 mg

If you're loving these Vegan Brigadeiros and want to explore more sweet treats that are both fresh and guilt-free, be sure to check out our [Fresh Guilt-Free Fruit Desserts](#) collection. It's packed with vibrant, naturally sweet recipes that perfectly complement your healthy lifestyle — no compromises, just pure deliciousness!

Sweet Simplicity: Vegan Brigadeiros to Brighten Your Day

Now that you've discovered how easy and delicious vegan brigadeiros can be, it's time to treat yourself — guilt-free! With just a few wholesome ingredients, these little bites of joy bring all

the classic Brazilian sweetness without any compromise. Perfect for sharing (or keeping all to yourself), they're a reminder that sometimes the simplest recipes create the biggest smiles. Give them a try, and let every bite bring a little sunshine to your day!

📌 Love this recipe? Pin it now and save it for your next sweet craving! Follow us on Pinterest @recifacil for more tasty ideas every week.

Trending now



Low Carb Keto Recipes for
Breakfast: Start Your Day Right



Easy Brazilian Brigadeiros Recipe
with Only 3 Ingredients



Easy Farofa Recipe



Easy and Healthy Breakfasts to Start
Your Day Right

ABOUT US

PRIVACY POLICY

TERMS & CONDITIONS

CONTACT

GDPR



Copyright © 2025 Recifacil.com. All rights reserved.